

Gluten Free Eating

Shannon Carter, Extension Educator, Family and Consumer Sciences, Fairfield County, Ohio State University Extension

THE NEED

About twenty percent of the U.S. population is looking to reduce or eliminate gluten from their diet. For people who make the decision to eat gluten free as a matter of dietary choice and not a medical necessity, there are many important considerations. For people who have Celiac disease, wheat allergy or gluten sensitivity, avoiding gluten is critical to their health. Consultation with a medical professional and dietitian is essential.

This curriculum includes practical tips for eating a gluten free diet and can be used to further participants' knowledge gained from consultation with a dietitian.



TARGET AUDIENCE

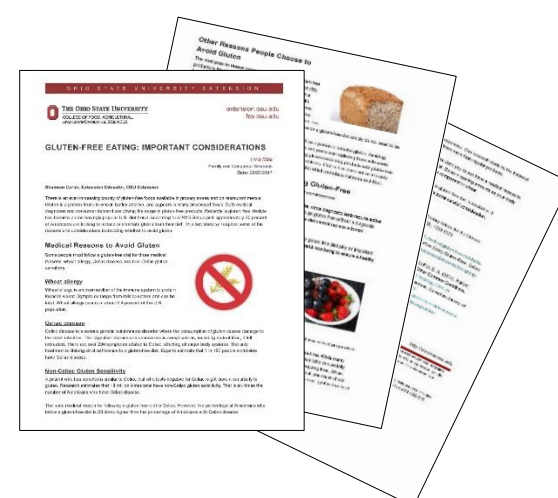
This curriculum is designed for adults or family members of those who are considering (or have chosen) a gluten free lifestyle as well as for those who have a medical reason to eliminate gluten from their diet.

PROGRAM COMPONENTS

Gluten Free Eating consists of three, one-hour lessons. Each of the three lessons covers different aspects of gluten free eating and includes activities and recipe suggestions for tastings or food demonstrations. Each lesson includes handouts for participants to use as a reference and hands-on activities. There is also an end-of-series evaluation included in the curriculum.



- Lesson 1: Introduction to Gluten Free Eating
- Lesson 2: Gluten Free Shopping & Eating Out
- Lesson 3: Gluten Free Cooking and Baking



EVALUATION RESULTS

Evaluation results indicate that after the 3 sessions of Gluten Free Eating, 90% of participants reported increased knowledge of:

- foods that contain gluten
- potential sources of hidden gluten
- potential sources of cross contact
- precautions to take when dining out
- how gluten free flours work differently than wheat flour

85% of participants reported increased knowledge AND confidence in:

- how to read food labels for gluten ingredients
- how to adapt recipes to make them gluten free

This program has impacted participants in a number of ways:

- ~ "This program really helped me understand how to avoid gluten in my diet."
- ~ "Someone in my family has Celiac Disease and now I feel more confident in being able to safely prepare food for her."
- ~ "I didn't know about hidden gluten sources. Now I know to check ingredient lists and manufacturers if necessary."



REFERENCES

- Academy of Nutrition and Dietetics
<http://eatright.org>
- Beyond Celiac
<http://www.beyondceliac.org>
- Celiac Disease Foundation
<https://celiac.org>
- Complete Food and Nutrition Guide, Fifth Edition by Roberta Larson Duyff, MS, RD, FADA, CFCS, and the Academy of Nutrition and Dietetics
- Food Allergy Research and Education
<https://www.foodallergy.org/food-labels>
- Gluten Intolerance Group
<https://www.gluten.org>
- Nutrition 411
<http://www.nutrition411.com>
- US Food and Drug Administration. (2015). "Gluten Free Labeling".